

13. " I do not do anything " should think the harmonized one, who knoweth the essence of things ; seeing, hearing,, touching, smelling, eating, moving, sleeping, breathing.—[^]. 8.)

14. Speaking, giving, grasping, opening and closing the eyes, he holdeth ; *' The senses move among the objects of sense."—(v. 9.)

(b)*Dama*—or Control of the Organs of Speech and Body—

SHRI BHAGAVAN said :

15. O son of Kunti, the excited senses of (even) a ^ise man, though careful, impetuously carry away his Manas.—(ii. 60.)

16. Having restrained them all, he should sit' harmonized, devoted wholly to Me; for whose senses are mastered, of him the understanding is well-poised.—(ii. 61.)

(c)*Uparati*—or Toleration of all Creatures—

SHRI BHAGAVAN said:

17. Sages look equally on a Brahman adorned with learning and humility, a cow, an elephant, and even a dog,, and a Svapaka.—(v. 18.)

18. He is highly esteemed who regards impartially lovers, friends and foes, strangers, neutrals, foreigners and relatives, also the righteous and unrighteous. —(vi. 9.)

(d) *Titiksha*—or Endurance—

SHRI BHAGAVAN said:

19. He who on every side is without attachments, whatever hap of fair and foul, who neither likes nor dislikes, of such a one the understanding is well-poised.—(ii. 57.)

20. He who is able to endure here on earth, ere he be liberated from the body, the propulsive force 'arising from desire and passion, he is

harmonized, he is a happy-
man.—(v. 23.)